

All Saints Bedworth Academy

PE Long Term Plan 2024/25

| KS2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------|
| Year 5 and 6 | *Swimming* 2-week intense programme provided by Elite Sport UK. Year 6 offered top up lessons (if required). | | | | | |
| Block 1 | Tag-rugby | dodgeball | Gymnastics | OAA | basketball/ handball | football |
| N.C link | play competitive games, modified where appropriate | throwing and catching in isolation and in combination | develop flexibility, strength, technique, jumping and balance | take part in outdoor and adventurous activity challenges both individually and within a team | apply basic principles suitable for attacking and defending | apply basic principles suitable for attacking and defending |
| Block 2 | cricket | netball | Indoor athletics | hockey | athletics | rounders |
| N.C link | throwing and catching in isolation and in combination | throwing and catching and the addition of attacking and defending principles. | use running, jumping, throwing in isolation and in combination | Dribbling with control and the addition of attacking and defending principles. | use running, jumping, throwing in isolation and in combination | Striking and fielding principles. Technique, balance and control. |
| Year 3 and 4 | *Swimming* 2-week intense programme provided by Elite Sport UK during Summer 2. | | | | | |
| Block 1 | Tag-rugby | dodgeball | Gymnastics | OAA | basketball | football |
| N.C link | play competitive games, modified where appropriate | throwing and catching in isolation and in combination | develop travel, strength, technique, control and balance | take part in outdoor and adventurous activity challenges both individually and within a team | apply basic principles suitable for attacking and defending | apply basic principles suitable for attacking and defending |
| Block 2 | Striking | Gymnastics | Dance | hockey | athletics | Fielding |
| N.C link | Striking and batting principles. Technique, balance and control | develop flexibility, jumping, technique, control and balance | use running, jumping, throwing in isolation and in combination | Dribbling with control and the addition of attacking and defending principles. | use running, jumping, throwing in isolation and in combination | throwing and catching in isolation and in combination. |

| KS1 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Year 1 and 2 | Focus: ABCs and Fundamentals – Agility, balance, coordination, movement, spacial awareness | | | | | |
| Block 1 | Fundamentals | gymnastics | movement | Kick + dribble | run, jump, throw | Batting |
| N.C link | Master basic movements including running, jumping as well as developing balance, agility & co-ordination, & begin to apply these in arrange of activities | Master basic movements including jumping, developing balance & coordination. | Master basic movements, ways of travel developing balance & coordination. | Emphasis on using a ball with feet and practising stick handling via Hockey. | Athletics focus to practice sprinting, javelin throw and jumping for distance. | Experience using various bats and striking with a rackets. |
| Block 2 | Abc | Dodge, throw, catch | dance | Ball skills | Attack + Defend | retrieving |
| N.C link | Master basic movements including running, jumping as well as developing balance, agility & co-ordination, & begin to apply these in arrange of activities | Master basic movements including running, jumping throwing & catching. | Perform dances using simple movement patterns. | Focus on bouncing and running with a ball in hands. | Participate in team games, developing simple tactics for attacking & defending | Rolling, stopping and collecting practice. Developing co-ordination. |

| EYFS | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Topic | Introduction to pe | gymnastics | movement | Kick + Bounce | Run, jump, throw | Bats + Rackets |
| N.C link | Experiments with different ways of moving. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. | Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and though balancing and climbing equipment. | Experiments with different ways of moving. Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. | Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. | Experiments with different ways of moving. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. | Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Shows more understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. |

EYFS Outcomes

Nursery

- Continue to develop their movement, balancing and ball skills.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

Reception

- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Combine different movements with ease and fluency.
- Develop overall body-strength, balance, coordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming

ELG

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.